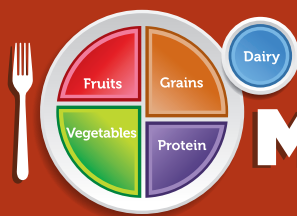


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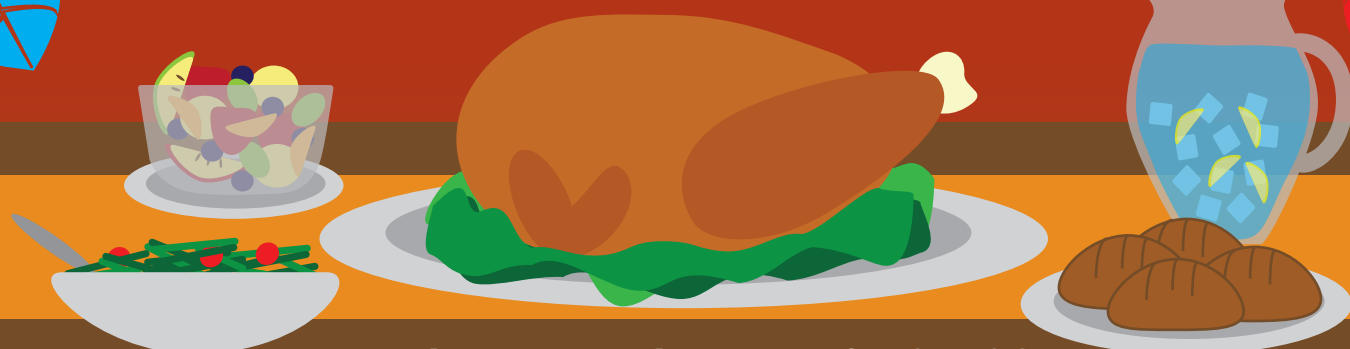


United States Department of Agriculture



MyPlate

Holiday makeover



visit **choosemyplate.gov** for healthier options during the holidays

tweak the sweets



VS



fruits make delicious desserts

cheers to good health



VS



drink water to manage calories

bake healthier



VS



use recipes with pureed fruits instead of butter or oil

spice it up



VS



use spices and herbs instead of sugar and salt

brighten your meal



VS



fill half your plate with fruits and vegetables

skim the fat



VS



try skim evaporated milk instead of heavy cream

swap the grains



VS



choose whole wheat flour instead of white flour

go easy on the gravy



VS



a little bit of gravy goes a long way